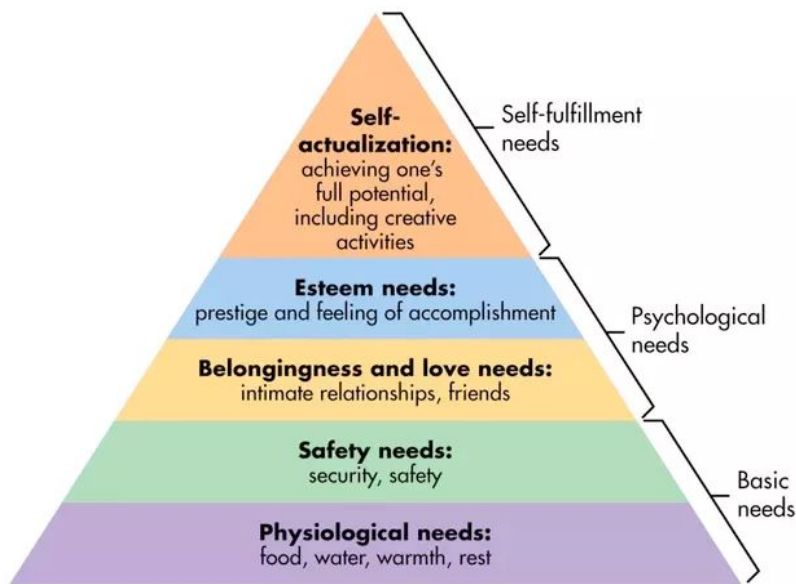


Dear Innovation Lab Parents and Guardians,

Welcome to the second semester of our first year at Innovation Lab High School! Your students have shown amazing resilience since the start of the school year began. In Crew, we have emphasized the importance of maintaining self-care through Healthy Habits Bingo, regular check-ins, group discussions, and mindfulness activities.

Over the first semester, I have met with several of you to discuss your student's progress, and our conversations started with their overall self-care habits. My philosophies are: (1) that the conversation about classes and specific assignments cannot be started until your child's mental health is addressed and certain actions are taken; and (2) since this school year is like nothing we've ever experienced before, we have to approach it differently. We have to take advantage of the resources available, and one of the key resources this year is all of you.

Regarding the first point, Maslow's hierarchy of needs theory explains that people must have their basic needs met before focusing on more specific needs. This theory is illustrated in the pyramid below.



[source \(Simply Psychology\)](#)

To relate it to the needs of your students: classes and assignments are higher up on the pyramid. The self-care categories I suggest you review with your child are:

1. Amount of sleep each night
2. Amount of exercise/time spent outside each day
3. Diet/water intake (including caffeine)
4. Screen time (outside of school)
5. Access to someone with whom they feel comfortable talking through their emotions (psychological safety)

If you need any help or ideas regarding these categories, please don't hesitate to reach out to me.

With regard to the second point, there is evidence that students benefit greatly from a learning environment that is as close to a school's classroom as possible. Furthermore, separating the location in the home where they "do school" from other locations where they "have fun" is also critically important for maintaining a healthy school/life balance. Students need an environment that is organized and conducive to learning (i.e., sitting in a well-lit room at a desk, NOT laying in bed). An example of this is illustrated in the below graphic:



[source \(Tips For Setting Up An At-Home Learning Environment For Young Students\)](#)

Additional ideas: [Khan Academy - Seven tips for setting up a productive learning space at home](#)

Once again, if you have any questions and/or need any advice or help, please reach out to me.

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